



PPPT ENROLLMENT WELCOME LETTER

Congratulations! You are now a member of
Pregnancy/Postpartum Physical Training Program (PPPT)

PPPT is a mandatory PT and health education program for all pregnant and postpartum Soldiers. The purpose of the program is to assist you in maintaining basic physical fitness levels, enhance your physical and emotional well-being, and educate you during and after your pregnancy on pregnancy related issues. Once you have been medically cleared by your health care provider you can participate in the program.

The program is composed of 4 days of PT and 1 day of education per week. After your convalescent leave you will join the postpartum group. You will be released back to your unit 6 months after your delivery date.

This is a mandatory program; therefore, your attendance will be forwarded to your unit each week. Failure to participate may be subject to administrative action. Pregnant Soldiers are to wear the PT uniform until it becomes too small and/or uncomfortable. They can then wear larger size PT uniform or civilian equivalent workout attire; however leaders will not require Soldiers to buy larger PT uniforms.

This is a program designed to meet both your physical and educational needs. Your spirited participation will help make this program enjoyable and successful!

POC for this letter is the undersigned @ (502) 624-9286.

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